

Emerging Minds Webinar Series

Infant and Child Mental Health

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



Webinar 2

Engaging with parents and infants in the first thousand days

**7:15 pm to 8:30 pm AEST
Monday 17th September 2018**

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



Emerging Minds and MHPN wishes to acknowledge the Traditional Custodians of the lands across Australia upon which our webinar presenters and participants are located.

We wish to pay respect to the Elders past, present and future for the memories, the traditions, the culture and hopes of Indigenous Australia.

Webinar series

This is the second webinar in the Emerging Minds, Infant and Child Mental Health series.

Future webinars:

- Engaging parents with school-aged children (Monday, 15th October 2018)
- Engaging parents with children approaching adolescence (Wednesday, 7th November 2018)
- Supporting children's mental health after trauma
- Engaging with children and parents with complex needs – a systems approach

Tonight's panel



Jonathon Main
Social Worker
and Executive GM,
Relationships Australia



Mandy Seyfang
Occupational Therapist
and Infant Mental
Health Therapist



Dr Nick Kowalenko
Psychiatrist



Facilitator: Dan Moss
Workforce Development
Manager,
Emerging Minds

Ground rules

To help ensure everyone has the opportunity to gain the most from this live webinar, we ask that all participants consider the following ground rules:

- Be respectful of other participants and panellists. Behave as you would in a face-to-face activity.
- For help with any technical issues, click the Technical Support FAQ tab at the top of the screen. Need further support? Call the Redback Help Desk on 1800 291 863.
- If a significant issue affects all participants, an announcement will be made.

Learning outcomes

Through an exploration of contemporary research around infant mental health, and how this translates to positive and proactive practice with both infants and their parents, participants will:

- identify early intervention and prevention opportunities in work with parents
- outline strategies to engage parents respectfully and collaboratively
- outline common practice challenges for professionals working with infants and their families.

Social Worker perspective

Key Themes from the Evidence

- Neuroscience of developmental plasticity
- Implications for health and wellbeing over the lifecourse
- Child protection data and the first 1,000 days
- Maternal wellbeing in pregnancy



Jonathon Main

Social Worker perspective

Engagement Strategies

- Joining with Haley and Lewis
- Holistic psycho-social screening for risk
- Clarity about practitioner/service role
- Practitioner assessment of risk and protective factors
- Flexible service responses



Jonathon Main

Social Worker perspective

Building a Partnership

- Restorative approaches
- Case planning and coordinated management
- Tailoring and sequencing support
- Engaging a support network



Jonathon Main

Social Worker perspective

Dealing with Challenges

- Disengaged clients
- Cultural barriers
- Complexity of co-morbidity
- Agency thresholds



Jonathon Main

Social Worker perspective

Collaborative Practice

- Working in partnership with Haley and Lewis
- Importance of shared clinical information
- Working in partnership with key agencies
- Negotiating complex systems



Jonathon Main

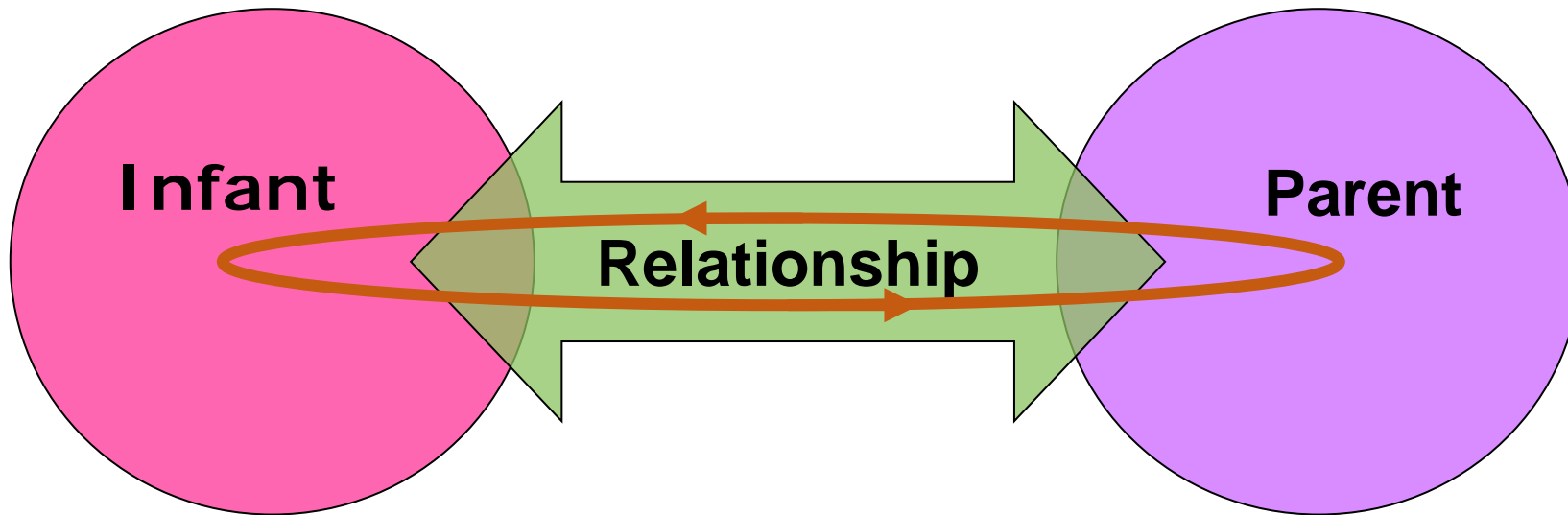
OT / Infant MH Therapist perspective

Understanding and supporting the first 1000 days

“the dyadic regulation of infant emotion and arousal” Sroufe (1996)



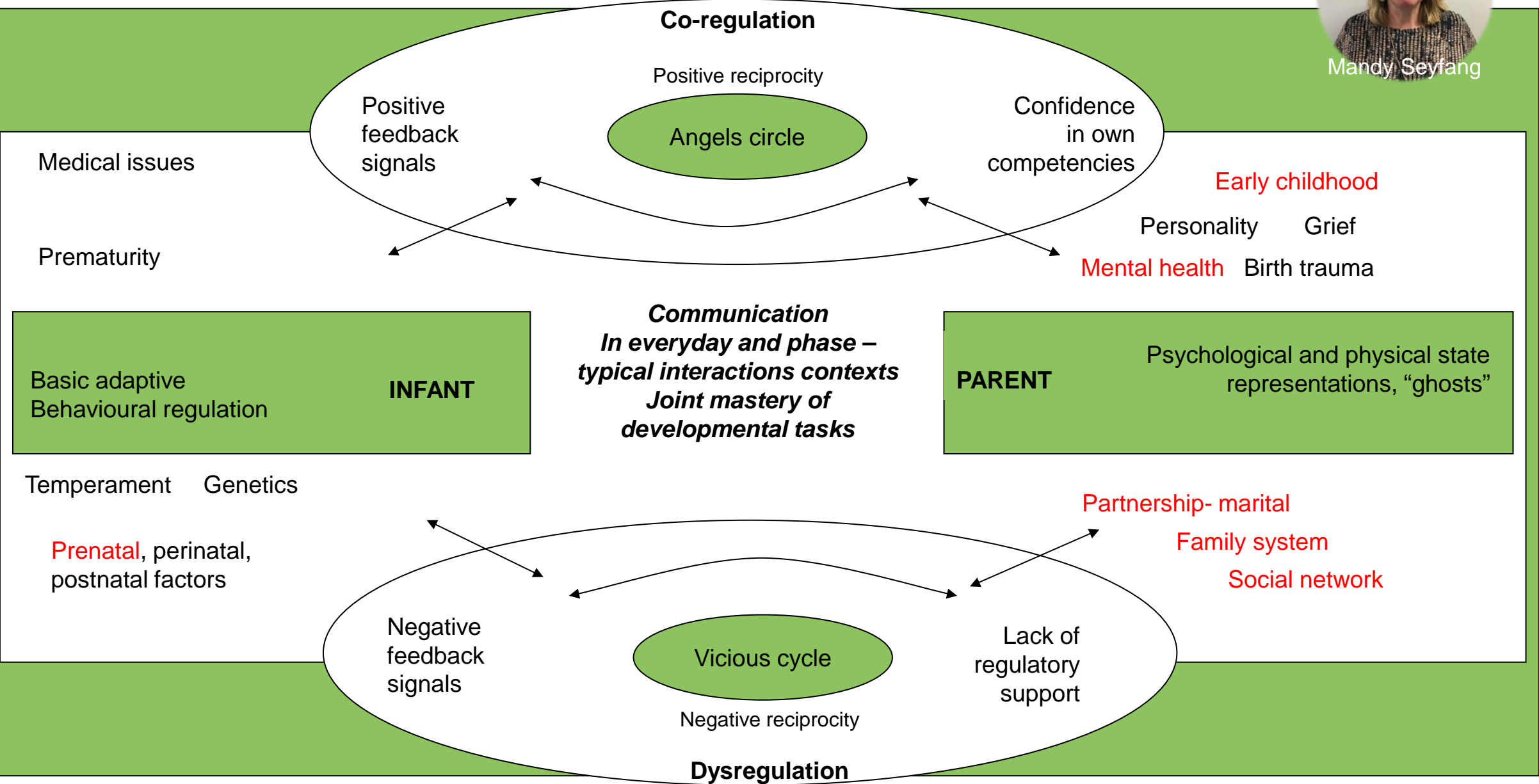
Mandy Seyfang



OT / Infant MH Therapist perspective



Mandy Seyfang



Modified from Papousek & Papousek, 1990

OT / Infant MH Therapist perspective



Mandy Seyfang

Past experience of being cared for

“She was a baby once and she has in her the memories of being a baby; she also has memories of being cared for, and these memories either help or hinder her in her own experience as a mother.”

Winnicott (1987)



OT / Infant MH Therapist perspective

Focus on
emotional safety



Mandy Seyfang



Adapted from: Patterson, K., Grenny, J., McMillan, R. and Switzler, A. (2002) Crucial Conversations Tools for talking when the stakes are high. McGraw-Hill, New York p 183



OT / Infant MH Therapist perspective



Your approach is crucial

- The greatest protection for a baby is to be held in the mind and heart of a sensitively attuned other - John Bowlby
- Cascade of parallel processes - Tim Moore
- Working within the window of tolerance - Dan Siegel
- Using PACE: playfulness, acceptance, curiosity, empathy - Dan Hughes
- Reflective supervision key to maintaining approach in the face of challenges - Patricia O'Rourke



Mandy Seyfang



Psychiatrist perspective



Dr Nick Kowalenko

Talking with Haley: Reset the frame

- Haley is talking about important relationships: with her mum, her brothers, her boyfriend & her baby and how she wants to be a mum. The baby is changing all this. *Haley you're choosing to be a mum now.*
- *It seems you've started planning how you would like to be a better mum than your own. Is that right?*
- As she has started her planning (about money, about whether or not professionals should be involved, about how much Lewis might help her) its become so tough she would rather hide from her troubles. Is that right?
- *Planning a way through your troubles and asking for help might reveal you're unfit to be a mum. Knowing who to trust is risky.*
- *What is the kind of life your child deserves?*



Psychiatrist perspective



Dr Nick Kowalenko

Engaging and collaborating: Haley's social

- What's the best/most challenging part of being pregnant?
 - For you, for Lewis?
- Who can you trust with your thoughts and fears about your baby?
 - How are you a mum now?
 - How do you mother your brothers?
 - Haley's mother neglected your brothers...& you ? How?
 - Do your friends know how things are for you?
- Would you like to tell me about your experiences with professionals?
- What would let you know that a professional could be trusted?



Psychiatrist perspective

Engage & collaborate: Haley & Lewis' baby



Dr Nick Kowalenko

- What would you want your baby to say was the best thing about being parented by you & Lewis?
- What impact do you think your relationship with your mother Lewis/Frank/brothers/friends will have on your caring for your baby?at different ages and stages?
- What had the biggest influence on your mum's parenting of you when you were a baby in the first 1000 days?
- How would your baby let you know you were a better mum?
- Let's pretend your baby could let you or Lewis know what s/he most wanted from you now, in 6 months, & in the first 1000 days?



Psychiatrist perspective



Dr Nick Kowalenko

Trust and professional challenges

- “Soft” engagement to build trust & include Lewis/mum?/friends?/others?

Hard issues

- Hopelessness of being stuck with a dilemma: who comes first?
- Or persistent hopelessness of depression, neglect or role reversal?
- Or drug use
- History of self harm & depression
- Any risks to unborn child?
- Scars, stigma & unfit mothering
- Likelihood of avoidance: “going missing”
- Tolerating history of disappointment with professionals



Psychiatrist perspective

Interventions for 1000 days & then some

- Community nursing (Child & Family or EC & FHN) & care coordination
- Link to & sustain routine antenatal care (midwife led/GP/consistency)
- Engage Lewis
 - SMS for DADS/PANDA/Post birth fathers groups
- Systems response: sustained home visiting in NSW (David Olds program)
 - Home visiting: fostering parent-infant interaction, child development, detailing (NBO), counselling & COS & imitation of home visitor (Tresillian)
 - Groups of young parents very helpful
- Friends & their support
- Support for Haley's education/vocation & for Lewis



Dr Nick Kowalenko

Q&A Session



Jonathon Main
Social Worker
and Executive GM,
Relationships Australia



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Occupational Therapist
and Infant Mental
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Facilitator: Dan Moss
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Manager, Emerging Minds

Resources and further reading

Other supporting resources associated with this webinar can be found in the Supporting Resources Tab at the bottom of the screen.

For more information about Emerging Minds, visit our website

www.emergingminds.com.au

Thank you for participating

- Please ensure you complete the *feedback survey* before you log out.
Click the Feedback Survey tab at the top of the screen to open the survey.
- Certificates of Attendance for this webinar will be issued within four weeks.
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.
- The next webinar in the Emerging Minds webinar series is titled **Engaging parents with school aged children**. It will be held on Monday, 15th October 2018.

This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project. The NWCCMH is led by Emerging Minds and delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP).

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Thank You

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